GoGreenRoutes City Factsheets

Deliverable 8.3
Work Package 8

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Author(s)	Prof. Mark Nieuwenhuijsen, ISGlobal Evelise Pereira Barboza, ISGlobal
Co-author(s)	Hans Keune, UA
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Contenido

Executive summary

This report was developed as a part of the research project “GO GREEN: Resilient Optimal Urban Natural, Technological and Environmental Solutions (GoGreenRoutes)”, funded by the European Commission’s Horizon 2020 programme. The project is funded until August 2024 and includes diverse actions to broaden the understanding and concept of Nature-Based Solutions (NBS) to develop new approaches to design modern cities that actively promote the health of urban residents.

The GoGreenRoutes (GGR) project consortium will conduct a multi-dimensional health impact assessment and subsequent cost-benefit analysis, outlining both the distinctive and cumulative impacts of environmental quality (EQ) and 360-Health factors on these health outcomes. A method of accurately evaluating GGR interventions and the associated benefits of increased human-nature interactions in urban settings will be developed. This can support improved physical health and mental well-being, as well as reduced mortality and morbidity, as access to green/blue spaces can promote a healthy lifestyle.

For the first two years, co-creation has been started within each Cultivating City included in the project (i.e. Burgas, Lahti, Limerick, Tallinn, Umea and Versailles) to define and apply the local ‘seedbed’ interventions, as well as the areas for further interventions based on NBS.

Each City Factsheet and this final report was generated following the original project proposal, in which the Deliverable 8.3 was expected to be constructed by EU open access data, and together with the local stakeholders to cover topics such as green urban quality, human wellbeing, current local governance models, key future challenges, etc. and include personal narratives.

The City Factsheets of each city will be available for all in the GGR website as a tool for communication and promotion of the Cultivating Cities. In this sense, the City Factsheets and this final report provide a brief overview of the baseline context and the co-creation process that has been taking place in each of the Cultivating Cities before the final NBS interventions.

1. Introduction

1.1. Overview

This report is divided in four chapters. This chapter provides a short introduction to the topic, including the project context and Work Package 8 (WP8), as well as the objectives for the report. Then, Chapter 2 provides a brief overview in terms on how the data included in the city factsheets was defined and collected. In sequence, Chapter 3 presents the final materials of the City Factsheets, which will be published in the GGR website. Finally, Chapter 4 provide conclusions and reflexions related to the City Factsheets and its main information.

1.2. Project background and objectives

The project GoGreenRoutes, with its large transdisciplinary consortium of 40 partners, is characterised by an innovative approach to rethinking NBS. The focus of the project lies in improving the relationship between people and their urban environment. This relationship will be improved through an enhancement of the awareness and understanding of the benefits of urban green space, such as the possibility of better, healthier communities.

This report was developed as part of the project's Work Package 8 (Harvesting: Monitoring, Assessment and Evaluation). According to the GoGreenRoutes structure and proposals, the WP8 will perform a multi-dimensional health impact assessment and subsequent cost-benefit analysis, outlining both the distinctive and cumulative impacts of EQ and 360-Health factors on these health outcomes. Within the WP8, specific objectives are related to a) develop a set of state-of-the-art EQ indices and 360-Health indicators, which draft was previously presented in Deliverable 8.1; b) to conduct a health impact assessment that captures the multiple co-benefits created by NBS in terms of health and well-being; c) to evaluate the degree to which the interventions are repeatable and scalable from the Cultivating Cities to a European an indeed global context, and d) to formulate recommendations for effective NBS implementation and assessment, sharing findings through co-creation activities and maximising the exchange of best practices and lessons learned with Seed Cities who represent larger scale opportunities for NBS.

In this context, Deliverable 8.3 City Factsheets here presented cover topics such as urban green, human wellbeing, current local governance models, key future challenges, etc.

1.3. Target audience for this report

The target audience for this report is the general population, as well as city managers from other EU cities that might be acting on the same dimensions as those included in GGR, such as NBS, co-creation, nature connectedness, etc.

2. City Factsheets Construction Process

2.1. Content and structure brain storming (possible topics of inclusion)

Before starting the construction of the City Factsheets, the deliverable was discussed between representants of the Barcelona Institute for Global Health (ISGlobal) and the University of Antwerpen (UA), who share responsibility between in Task and Deliverable, in 3rd April 2022. After this first kick-off, the deliverable was discussed during the WP8 meeting with all WP8 partners (25th April 2022), who contributed with comments and suggestions of topics and dimensions to be considered in the City Factsheets. In sequence, a first search in terms of available content and general overview was performed.

2.2. Meetings and discussions with GGR partners and Cultivating Cities

After the first level of search and discussions within the WP8, a meeting with GGR Coordination and strategic partners was realized in 1st June 2022, including ISGlobal, UA, IDEWE, ICLEI, RWTH, to discussed the overall context and objectives, as well as the possible overlaps on content and processes between different other Tasks and Deliverables. Finally, the objective, usage and content of the City Factsheets were outlined with the City Partners during the WP3 Meeting realized on 14th June 2022. Then, the City Factsheets were prepared and validated by continued contact through strategic emails with the stakeholders.

2.3. Data and content validation of the City Factsheets

The City Factsheets was constructed by EU open data as well as considering content from internal GGR documents (allowed to be openly published) and additional information suggested by the City Partners and other WPs partners. There were three rounds of content validation: a first City Factsheets outline with the main ideas of contents; an outline with the structure already presented as the final documents and proposed first content; the final outline, with final structure and final content, based on partners comments and suggestions.

3. City Factsheets

For each Cultivating City, City Factsheets in English and the local language were developed to facilitate the communication and local dissemination of the material. The following pictures represent the material (English and local language versions) that will be available on the GoGreenRoutes webpage (www.gogreenroutes.eu).

3.1. Burgas

Burgas

A Cultivating City

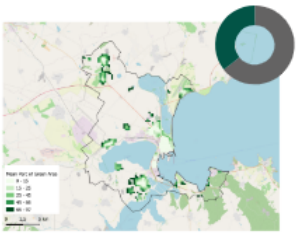
Burgas is the fourth largest city in Bulgaria, located on the Black Sea Coast, at the eastern border of the European Union. The city is surrounded by water, besides having the Strandzha natural park and the Burgas Mineral Springs. Burgas is a signatory to the Green City Accord, which means that city leaders in Burgas agree to take further action to protect the natural environment and achieve ambitious goals by 2030 in five important areas: air, water, nature&biodiversity, waste&circular economy, and noise.

Green at a glance

20% Protected Area

>65% Population in areas with green levels below WHO recommendation*

Residential Areas Green VS Built-up Spaces



Nature-Based Solution

Within the scope of the GoGreenRoutes project, plans are in motion to revitalize two urban areas in the city to provide urban spaces for well-being and recreation. Through the expansion of walking and cycling pathways, creative multi-use spaces - for exercise, arts, and meeting - and by increasing biodiversity and wildlife, the interventions will improve the well-being of nearby hospital patients and local residents at large. These measures would provide residents the possibility to retreat from urban life and benefit from the connection to nature in the city.

* WHO recommends that residences should be at 300m linear distance of an at least 0.5 ha green space
**Eurostat - Urban Audit: https://ec.europa.eu/eurostat/databrowser/view/urb_cpop1/default/table?lang=en
*** Khomenko S, Cirach M, Pereira-Barboza E, Mueller N, Barrera-Gómez J, Rojas-Rueda D, et al. Health impacts of the new WHO air quality guidelines in European cities. Lancet Planet Heal [Internet]. 2021 Nov 1 [cited 2021 Dec 28];5(11):e764. Available from: http://www.thelancet.com/article/S2542519621002886/fulltext
*** Pereira Barboza E, Cirach M, Khomenko S, Iungman T, Mueller N, Barrera-Gómez J, et al. Green space and mortality in European cities: a health impact assessment study. Lancet Planet Heal. 2021 Oct;5(10):e718–30. Available from: https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00229-1/fulltxt
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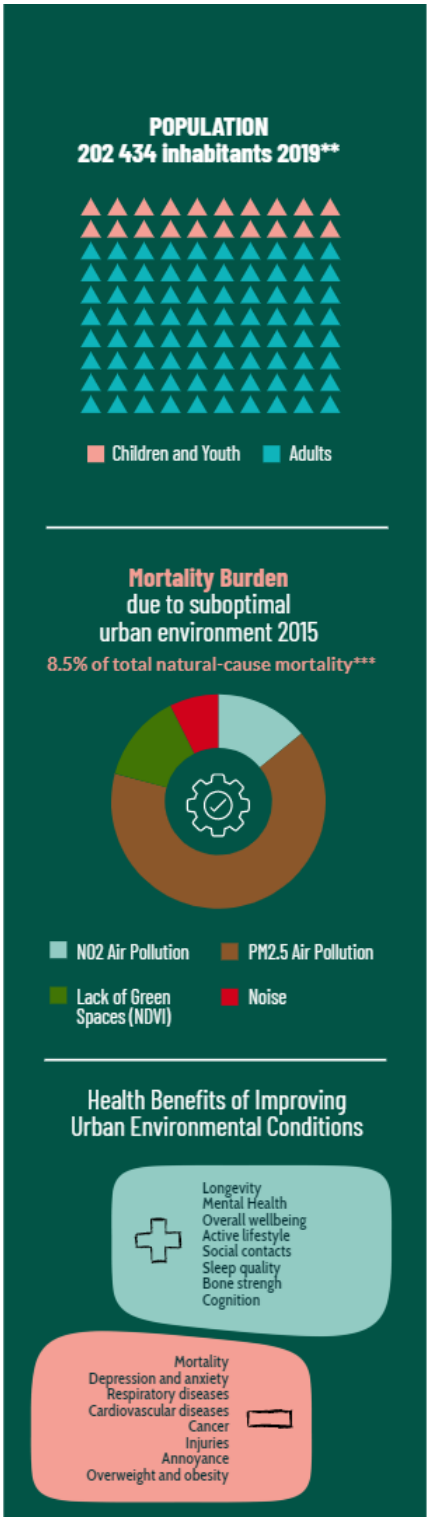
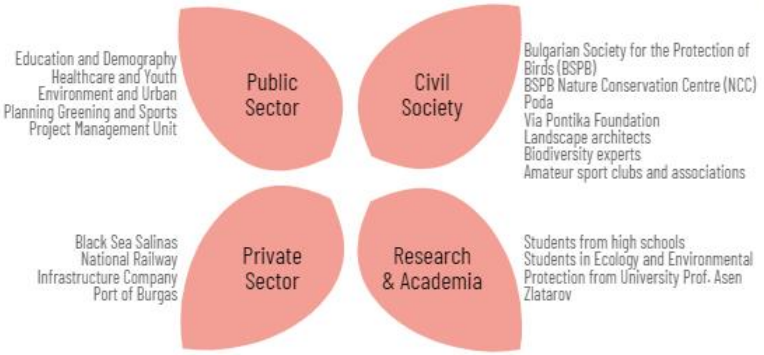


Co-Creation

A process made by everyone

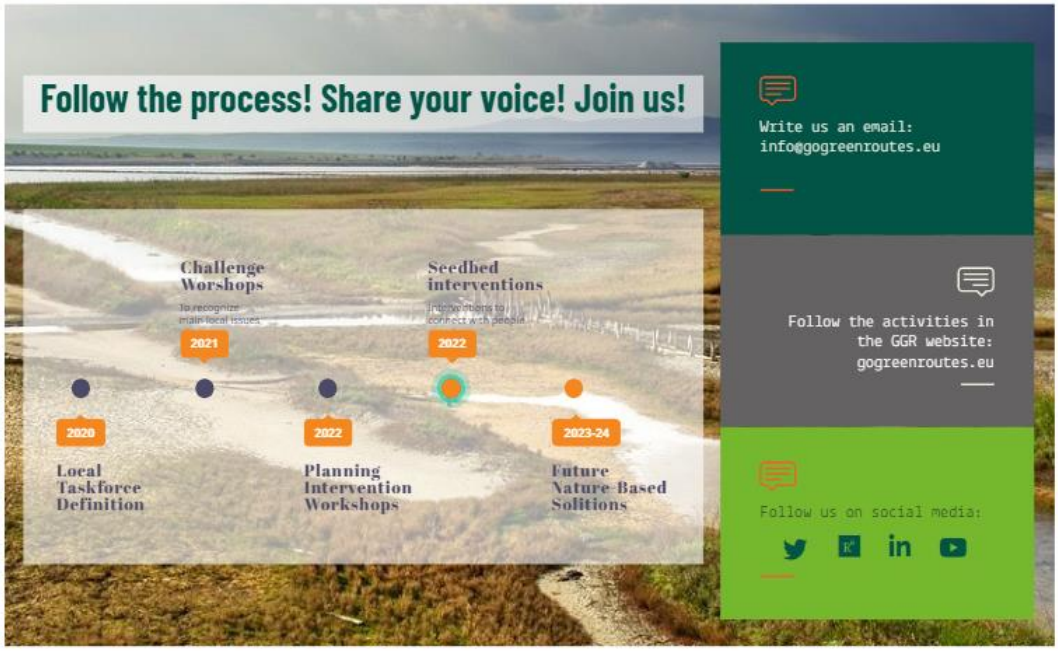
BURGAS LOCAL TASKFORCE IN THE GOGREENROUTES INTERVENTIONS

The main actors involved in the project in Burgas are:



Gender Inclusion and Diversity in GoGreenRoutes

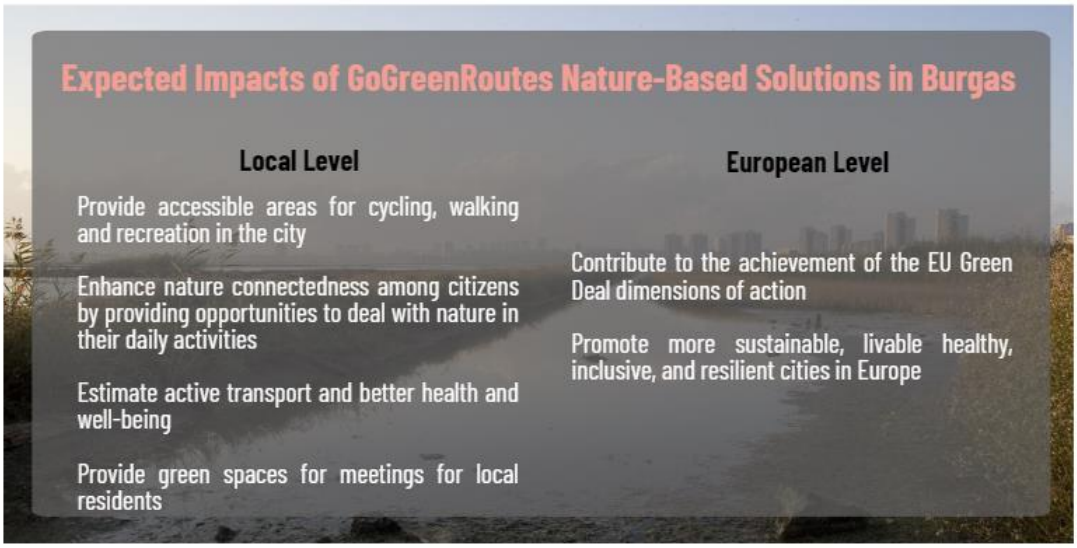
It is key to understand how the cities can appoint a citizen voice monitor and ensure there is inclusion and monitoring of diverse citizens' perspectives.



THINK GLOBAL ACT LOCAL

Burgas local efforts to the global agenda

- Signatory of the Green City Accord: EU Clean and Healthy Cities
- Connecting Nature Project Member: investing in large scale implementation of nature-based projects in urban settings
- Project "Implementation Of Marine Waste Reduction Measures In The Bay Of Burgas"
- Burgas Municipality Participates In The National Campaign "World Walking Day" 2021 This Sunday
- Disaster Risk Reduction Prevention Program



3.2. Lahti

Lahti

A Cultivating City

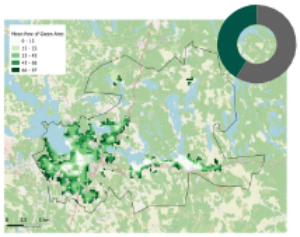
Lahti is the Finland's ninth-largest city by population. Lahti is situated in the south of the country, only one hour drive from Helsinki. The city's bold environmental choices have been recognized by the European Commission, which granted Lahti the title of European Green Capital 2021. Blue and green areas cover over 80% of Lahti, which provides a multiplicity of ecosystem services, natural landscapes and recreational areas. Furthermore, Lahti is one of the 100 selected cities for the EU Cities Mission for climate-neutral and smart cities by 2030.

Green at a glance

80% City Area covered by green and blue spaces

~30% Population in areas with green levels below WHO recommendation*

Residential Areas Green VS Built-up Spaces



Nature-Based Solution

Within the GoGreenRoutes project, the city plan is to develop and pilot the concept of a "health forest" next to the healthcare centre in the Kintterö nature conservation area. The health forest can support the well-being and recovery of the healthcare centre staff, patients and visitors. Moreover, it is open to all citizens seeking to bring nature closer to their everyday lives. Finnish law gives everyone the right to use forests for recreation.

* WHO recommends that residences should be at 300m linear distance of an at least 0,5 ha green space
** Eurostat - Urban Audit: https://ec.europa.eu/eurostat/databrowser/view/urb_cpop1/default/table?lang=en
*** Burden estimated by comparing 2015 city scenario and the hypothetical achievement of international recommendations. Values retrived from studies that considering similar datasets:
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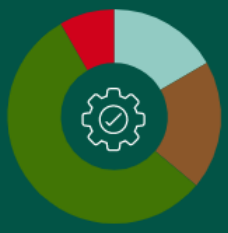
POPULATION
119 951 inhabitants 2019**

Children and Youth Adults

Mortality Burden
due to suboptimal urban environment 2015
2.8% of total natural-cause mortality***



NO2 Air Pollution PM2.5 Air Pollution
Lack of Green Spaces (NDVI) Noise

Health Benefits of Improving Urban Environmental Conditions

Longevity
Mental Health
Overall wellbeing
Active lifestyle
Social contacts
Sleep quality
Bone strengh
Cognition

Mortality
Depression and anxiety
Respiratory diseases
Cardiovascular diseases
Cancer
Injuries
Annoyance
Overweight and obesity

Co-Creation

A process made by everyone

LAHTI LOCAL TASKFORCE IN THE GOGREENROUTES INTERVENTIONS

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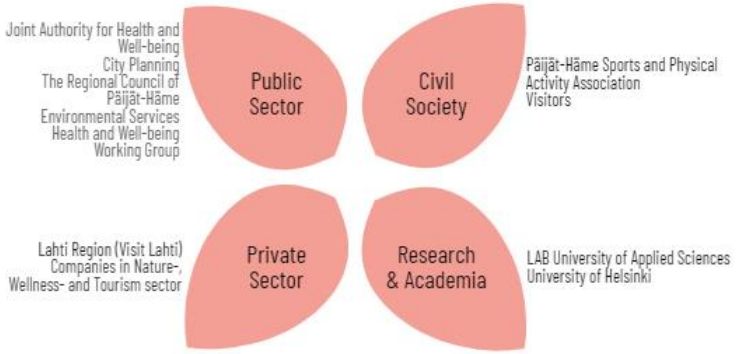

Gender Inclusion and Diversity in GoGreenRoutes

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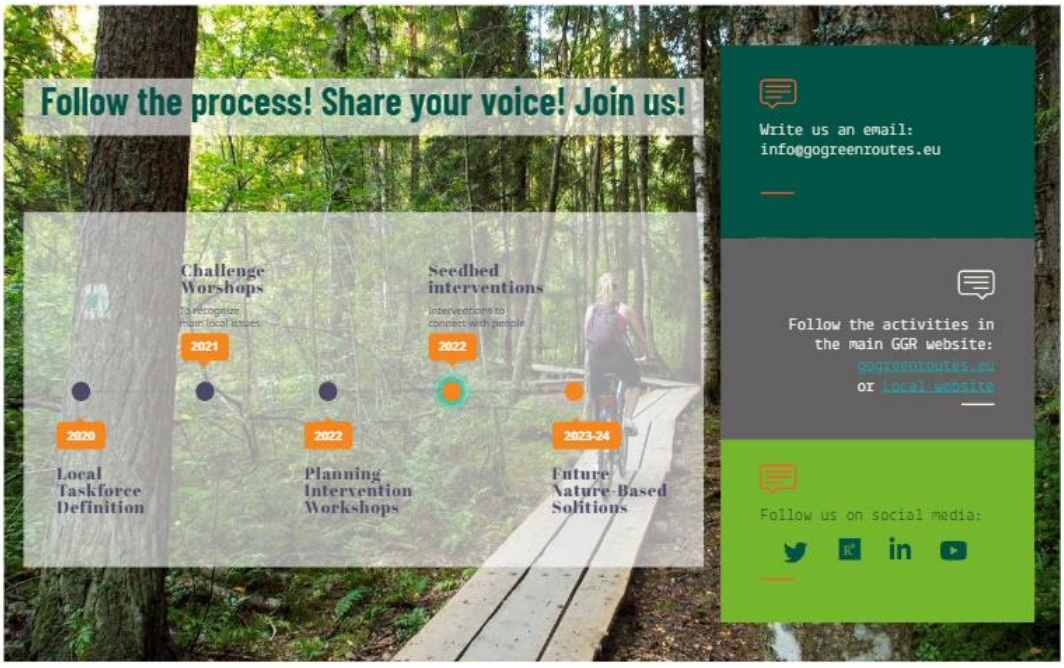
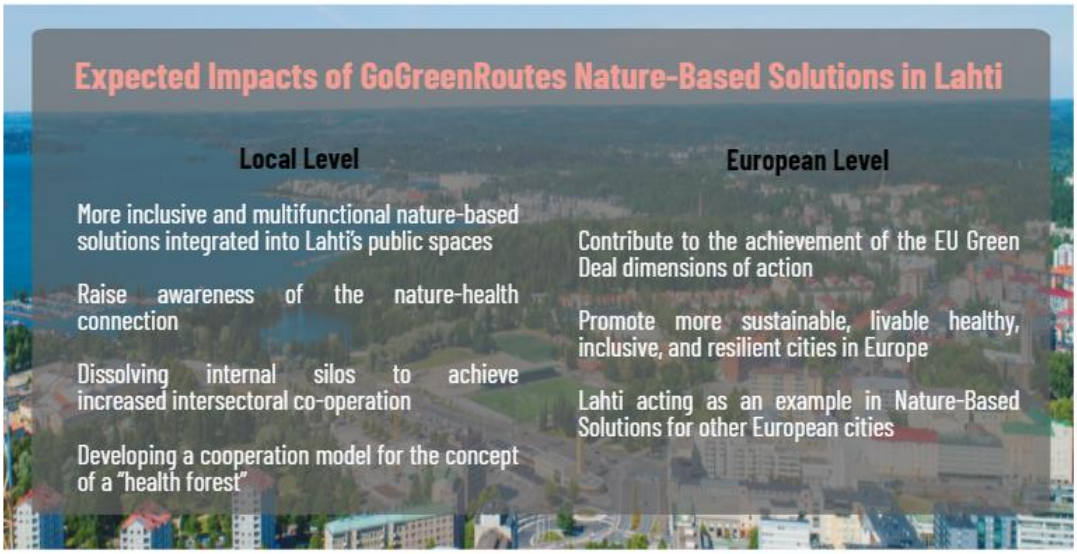


THINK GLOBAL ACT LOCAL

Lahti local efforts to the global agenda

- City of Lahti has an ambitious goal of being carbon neutral in 2025
- Signatory of the Green City Accord: Clean and Healthy Cities for Europe
- Part of the 100 cities to be smart and climate-neutral by 2030 ("EU Cities Mission")
- Personal carbon trading experiment and sustainable development innovations
- 10 year initiative, Nature Step to Health program to promote lifestyles that are healthy for both people and the environment
- Remote Nature Workstations in the city's nature sites free to use to encourage residents to enjoy the calming effect of nature while working
- Special funding initiative for environmental projets and innovations in the context of European Green Capital 2021
- EKOTEKO research project to study the feasibility of ecological compensations in Finland in collaboration with business and administration



3.3. Limerick

Limerick

A Cultivating City

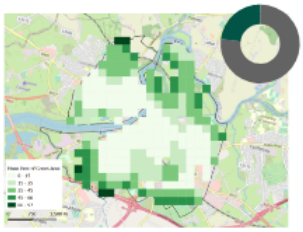
Limerick is the third largest city in the Republic of Ireland, located 200 km from Dublin. It is situated approximately 60km inland from the Atlantic Ocean at the head of the broad river Shannon estuary. Limerick City's main areas of natural habitats containing significant biodiversity are based around a large network of rivers. The city was awarded the UNESCO Learning City in 2014 and European Green Leaf in 2020.

Green at a glance

73m² Urban Green Space per capita

>65% Population in areas with green levels below WHO recommendation*

Residential Areas Green VS Built-up Spaces



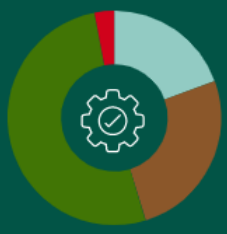
Nature-Based Solution

As part of its GoGreenRoutes intervention, Limerick is updating the Castletroy Greenway, a popular cycling path in the city, providing connectivity between secondary and primary schools in the area. Apart from using the greenway daily for leisure, residents are also interested in growing native species along the path as a way to both promote ecological biodiversity as well as increase the enjoyment and wellbeing for users.

POPULATION
58 220 inhabitants 2016**

Children and Youth Adults

Mortality Burden
due to suboptimal urban environment 2015
5.4% of total natural-cause mortality***



NO2 Air Pollution PM2.5 Air Pollution
Lack of Green Spaces (NDVI) Noise

Health Benefits of Improving Urban Environmental Conditions

Longevity
Mental Health
Overall wellbeing
Active lifestyle
Social contacts
Sleep quality
Bone strengh
Cognition

Mortality
Depression and anxiety
Respiratory diseases
Cardiovascular diseases
Cancer
Injuries
Annoyance
Overweight and obesity

* WHO recommends that residences should be at 300m linear distance of an at least 0.5 ha green space
** Limerick Development Plan: https://www.limerick.ie/sites/default/files/media/documents/2020-08/background-paper-people-and-places.pdf
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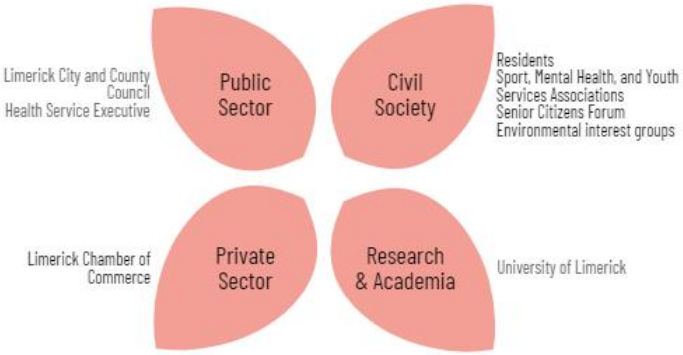
Co-Creation

A process made by everyone

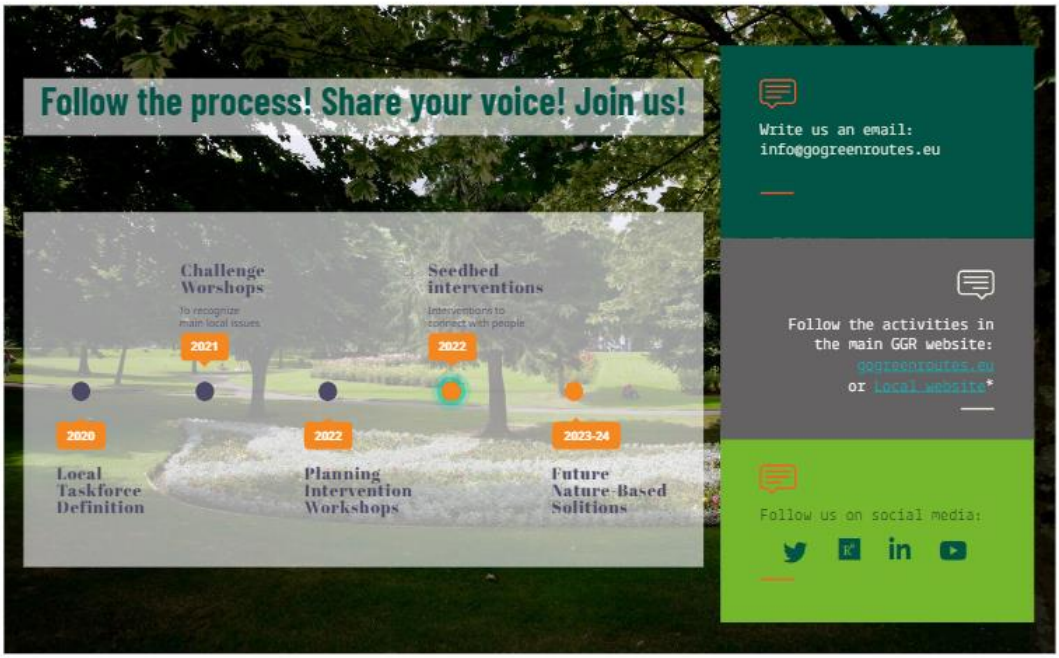
LIMERICK LOCAL TASKFORCE IN THE GOGREENROUTES INTERVENTIONS

The main actors involved in the project in Limerick are:



Gender Inclusion and Diversity in GoGreenRoutes

It is key to understand how the cities can appoint a citizen voice monitor and ensure there is inclusion and monitoring of diverse citizens' perspectives.



THINK GLOBAL ACT LOCAL

Limerick local efforts to the global agenda

- Limerick Public Participation Network is the main link through which the local authority connects with the community, voluntary and environmental sectors
- +CityXChange (Positive City ExChange) Project Co-Lead: smart city project developed to integrate smart positive energy solutions to increase quality of life through the use of digital services, as well as positive energy balance (more local energy produced than consumed)
- Health&Greenspace Urbact Project Member: urban green infrastructure for health and well-being

3.4. Tallinn

Tallinn

A Cultivating City

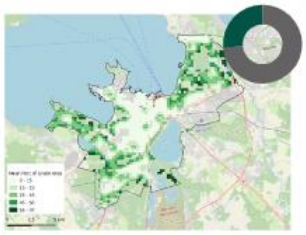
Tallinn, the capital of Estonia, is situated on the southern coast of the Gulf of Finland, in the north-western part of the country. A former European Capital of Culture, Tallinn was listed among the top 10 digital cities in the world and granted the title of European Green Capital 2023. Tallinn has 61 parks, of which 20 are protected, 113 protected natural objects, and many suitable habitats for common and rare animal species.

Green at a glance

75% Estonian protected species

>65% Population in areas with green levels below WHO recommendation*

Residential Areas Green VS Built-up Spaces



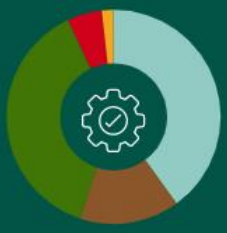
Nature-Based Solution

The GoGreenRoutes previous target area in Tallinn is the Vormsi green area, located in Lasnamäe, the city's most populous district. Park Vormsi is situated in the eastern part of Lasnamäe and about 4,4 hectares in size. As Lasnamäe is highly populated, the park is within walking distance from the homes of thousands of locals. The green area is located between high and low rise buildings, bordered between Estonia and Russian speaking communities in Tallinn, and between natural environment and city streets, which turns it into the perfect area to bring community members together.

POPULATION
434 562 inhabitants 2019**

Children and Youth Adults

Mortality Burden
due to suboptimal urban environment 2015
7.4% of total natural-cause mortality***



NO2 Air Pollution
PM2.5 Air Pollution
Lack of Green Spaces (NDVI)
Noise
Urban Heat Island effect

Health Benefits of Improving Urban Environmental Conditions

Longevity
Mental Health
Overall wellbeing
Active lifestyle
Social contacts
Sleep quality
Bone strengh
Cognition

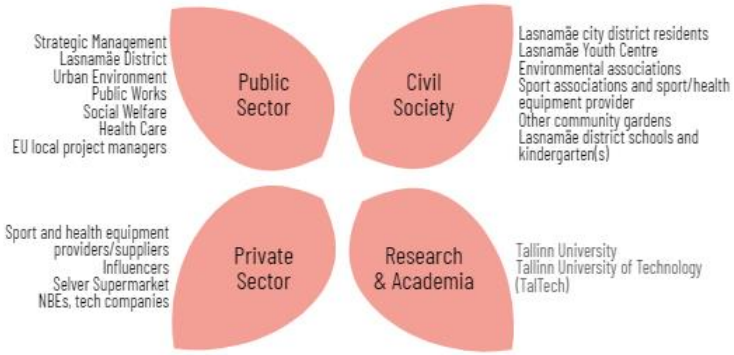
Mortality
Depression and anxiety
Respiratory diseases
Cardiovascular diseases
Cancer
Injuries
Annoyance
Overweight and obesity

Co-Creation

A process made by everyone

TALLINN LOCAL TASKFORCE IN THE GOGREENROUTES INTERVENTIONS

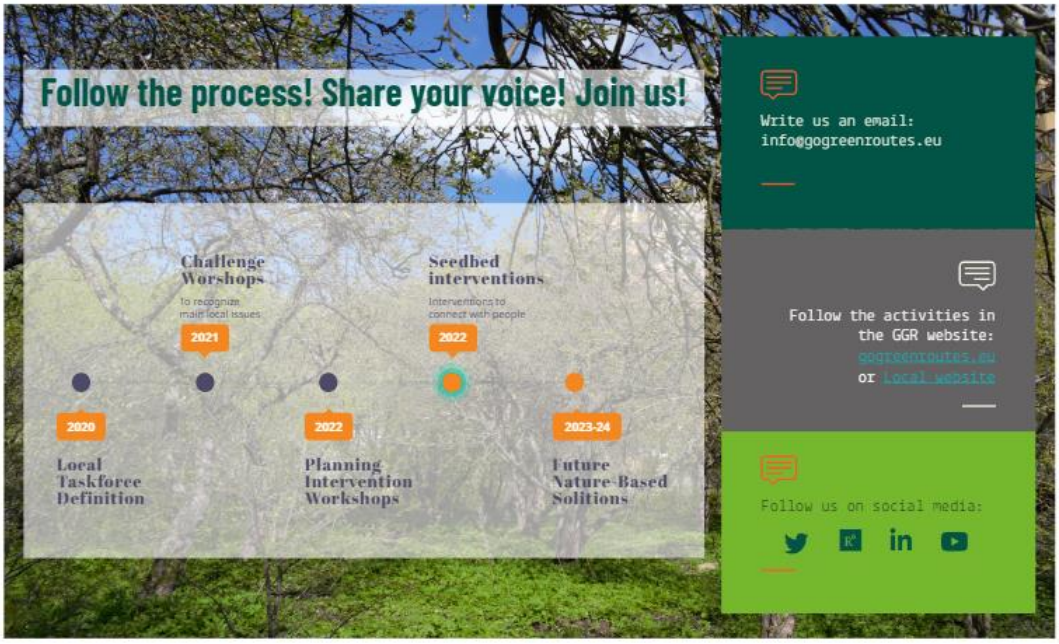
The main actors involved in the project in Tallinn are:



"Through the implementation of nature-based solutions, we have a possibility to emphasize historical and ecological values of our existing green areas and develop them into accessible spaces of wellbeing. This experience contributes to changing the mindset of how we approach urban planning and what do we prioritize."
Aado Altmets, Tallinn Municipality

Gender Inclusion and Diversity in GoGreenRoutes

It is key to understand how the cities can appoint a citizen voice monitor and ensure there is inclusion and monitoring of diverse citizens' perspectives.



THINK GLOBAL ACT LOCAL

Tallinn local efforts to the global agenda

- Signatory of the Green City Accord: Clean and Healthy Cities for Europe
- Lead of a "Global Goals for Cities" Network (URBACT): an European Cities Network Cooperation to implement the UN Sustainable Development Goals at the local level
- One of the 66 global destinations who measures, benchmarks and improves the sustainability strategy and performance of tourism and events destinations with the Global Destination Sustainability Index (GDS-Index)
- Within the European Green Capital, several smart city projects are underway: Pollinator Highway, Digital Audit, Green Twins, etc.

"Nature-based solutions have the capacity to enhance both human and environmental health. Never before has the interaction between nature and people been so important."
Tadhg MacIntyre
GoGreenRoutes Coordinator

3.5. Umeå

Umeå

A Cultivating City

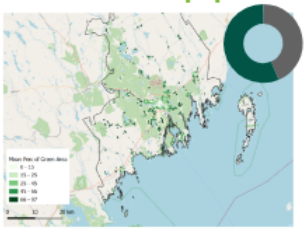
Umeå is a fast-growing city in Northern Sweden, located 600 km north of Stockholm, boasting a long tradition of ambitious sustainability policies. Due to that, Umeå is one of the 100 selected cities for the EU Cities Mission for climate-neutral and smart cities by 2030. The GoGreenRoutes vision of creating high-quality, multi-functional, accessible, and inclusive public green spaces goes hand in hand with many of the city's local sustainability goals, including its commitment to gender equality. A specific great challenge in Umeå is the long and dark winters.

Green at a glance

56% Green Area

~40% Population in areas with green levels below WHO recommendation*

Residential Areas Green VS Built-up Spaces



Nature-Based Solution

Within the GoGreenRoutes project, Umeå plan to explore how to turn a grey street, known as Bölevägen, into a green route that encourages active travel, where residents feel safe at all times and where street signage clearly indicates that walking and biking are prioritized transport modes, with particular focus on gendered landscape perspective and proposals.

* WHO recommends that residences should be at 300m linear distance of an at least 0.5 ha green space
**Eurostat - Urban Audit: https://ec.europa.eu/eurostat/databrowser/view/urb_cpop1/default/table?lang=en
*** Burden estimated by comparing 2015 city scenario and the hypothetical achievement of international recommendations. Values retrived from studies that considering similar datasets:
1) Khomenko S, Cirach M, Pereira-Barboza E, Mueller N, Barrera-Gómez J, Rojas-Rueda D, et al. Health impacts of the new WHO air quality guidelines in European cities. Lancet Planet Heal [Internet]. 2021 Nov 1 [cited 2021 Dec 28];5(11):e764. Available from: https://www.thelancet.com/article/S2542519621002886/fulltext
2) Pereira Barboza E, Cirach M, Khomenko S, Iungman T, Mueller N, Barrera-Gómez J, et al. Green space and mortality in European cities: a health impact assessment study. Lancet Planet Heal. 2021 Oct;5(10):e718–30. Available from: https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00229-1/fulltex

POPULATION
125 080 inhabitants 2018**

Children and Youth Adults

Mortality Burden
due to suboptimal urban environment 2015
1.9% of total natural-cause mortality***

NO2 Air Pollution PM2.5 Air Pollution
Lack of Green Spaces (NDVI)

Health Benefits of Improving Urban Environmental Conditions

Longevity
Mental Health
Overall wellbeing
Active lifestyle
Social contacts
Sleep quality
Bone strengh
Cognition

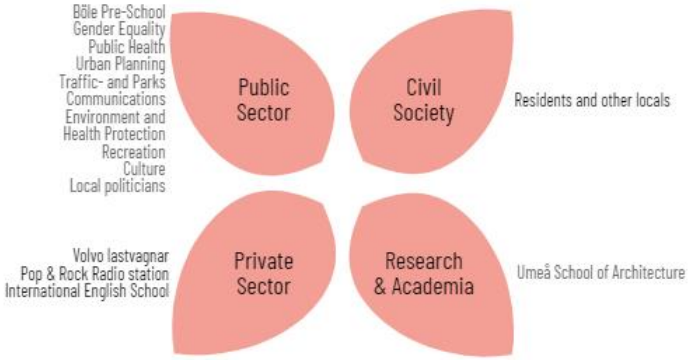
Mortality
Depression and anxiety
Respiratory diseases
Cardiovascular diseases
Cancer
Injuries
Annoyance
Overweight and obesity

Co-Creation

A process made by everyone

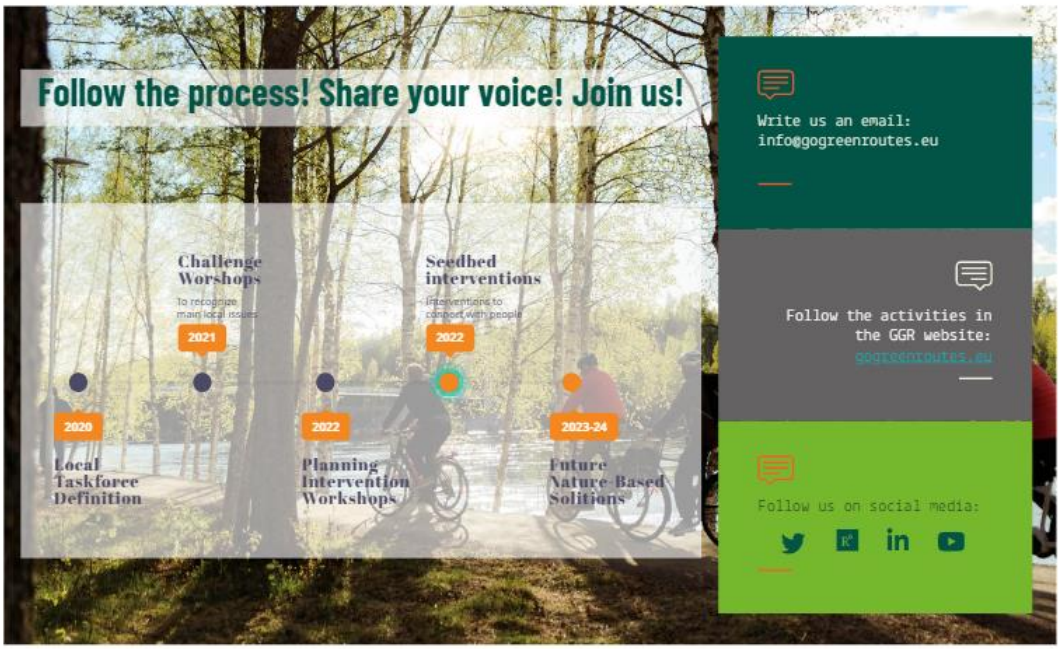
UMEA LOCAL TASKFORCE IN THE GOGREENROUTES INTERVENTIONS

The main actors involved in the project in Umeå are:



Gender Inclusion and Diversity in GoGreenRoutes

It is key to understand how the cities can appoint a citizen voice monitor and ensure there is inclusion and monitoring of diverse citizens' perspectives.

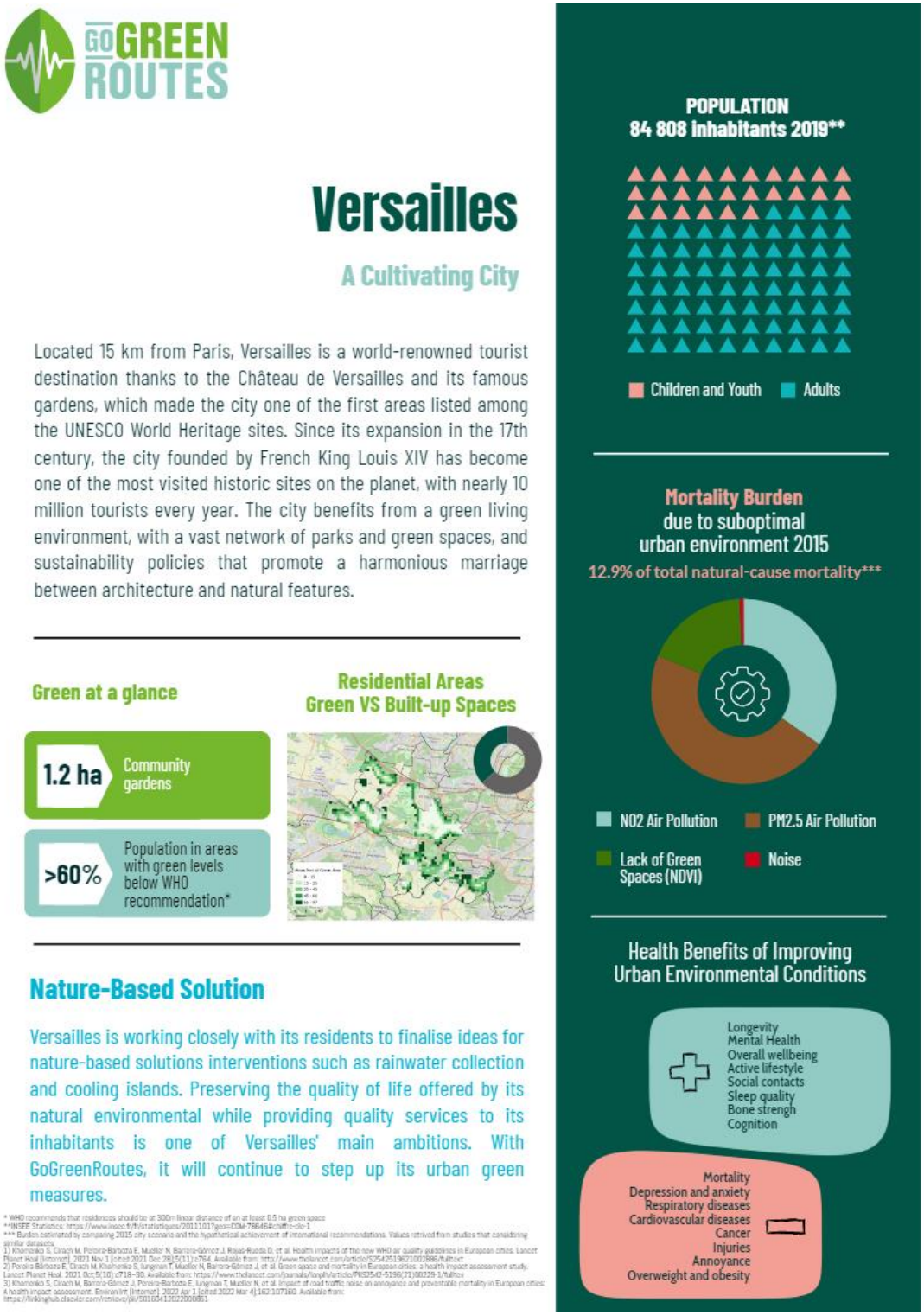


THINK GLOBAL ACT LOCAL

Umeå local efforts to the global agenda

- Part of the 100 cities to be smart and climate-neutral by 2030 ("EU Cities Mission")
- Awarded as European Cultural Capital 2014
- Ambitious goals assumed for 2025: to reduce the occurrence of substances that harm health or the environment; to develop an attractive and healthy municipality with a steadily decreasing environmental impact; to protect water sources; 50% of local food production; 50% of organic food in public services; enhance nature protected areas; all schools with forests and cultivation areas

3.6. Versailles

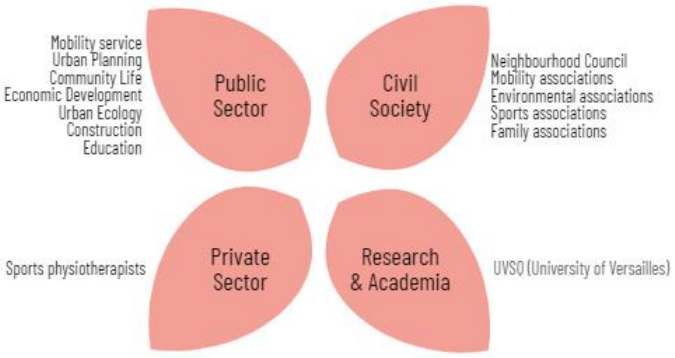


Co-Creation

A process made by everyone

VERSAILLES LOCAL TASKFORCE IN THE GOGREENROUTES INTERVENTIONS

The main actors involved in the project in Versailles are:



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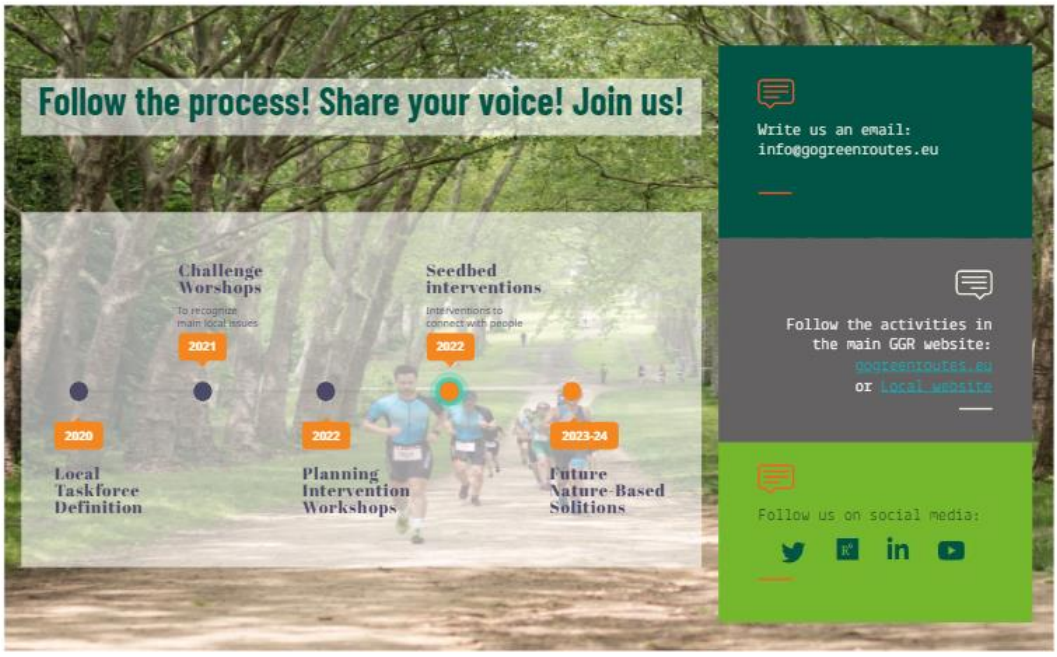

THINK GLOBAL ACT LOCAL

Versailles local efforts to the global agenda

- Preserve its private and public green spaces, one of first areas listed among the UNESCO World Heritage sites, by integrating them into the Local Urban Plan
- *"Quartier des Chantiers"* (Chantiers' District): creation of a new green perspective, mixed housing and an innovative health center
- *"Fleurissons nos murs"* (Let's Flower Our Walls) campaign to engage local residents to maintain and flower their base of walls in front of their homes

"Nature-based solutions have the capacity to enhance both human and environmental health. Never before has the interaction between nature and people been so important."
Tadhg MacIntyre
GoGreenRoutes Coordinator

4. Conclusions

The development of the City Factsheets with engagement with project and City partners in the GGR consortium, in addition to the inclusion of official open data and the co-creation process, provides a good overview on each local context in the Cultivating Cities within the GGR project. Moreover, the use of similar structure for the Factsheets across the GGR Cultivating Cities also allow the reader to understand the general differences and similarities among the Cultivating Cities.

CONTACT US

Prof Mark Nieuwenhuijsen
Ms. Evelise Pereira Barboza

Barcelona Institute for Global Health (ISGlobal)
Doctor Aiguader, 88
08003 Barcelona, Spain

mark.nieuwenhuijsen@isglobal.org
evelise.pereira@isglobal.org
www.isglobal.org

www.gogreenroutes.eu

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